

Sweet and Sour Pork

Hands On Time: 20 minutes

Total Time: 25 minutes

Sweet and sour pork is a big favorite in my family.

For so long it felt like we would never be able to enjoy it again.



But this recipe changed all of that. It is sweet and tangy, just like it should be.

The best bit? Slurping it down with noodles, just like the good old days but without the carbs.

Enjoy!

INGREDIENTS:

Stirfry:

1 pound of pork tenderloin, cut into thin strips

½ of a red bell pepper, cut into thin strips

½ of a green bell pepper, cut into thin strips

½ of a small red onion, cut into quarters

1 cup of finely sliced Bok Choy

2 medium spring onions, sliced thinly (retain some green tops for garnish)

2 Tablespoons of coconut oil

Sauce:

¼ cup of rice wine vinegar

¼ cup of sugar-free ketchup

¼ cup of Sukrin Gold Fiber Syrup

2 Tablespoons of Tagatasse

1 Tablespoon of coconut aminos

½ teaspoon of garlic powder

METHOD:

Heat 1 tablespoon of coconut oil in a large wok or frying pan.

Sear the pork fillet for a few minutes, then remove from pan.

Heat the other tablespoon of coconut oil in pan and toss in your finely sliced vegetables.

Stir fry until just soft and then add the pork.

Leave to stay warm while you make your sauce.

Place all of the sauce ingredients into a small saucepan and bring to the boil, stirring constantly.

Simmer until sauce starts to thicken.

Toss the pork stir-fry with the sauce and serve over Zeroodles.

Garnish with spring onions.

Store, in an airtight container, in the fridge for up to five days.

Please note, we've used Tagatasse instead of Tagatose which changes the calculation slightly.

NUTRITIONAL INFORMATION:

The screenshot shows a mobile application interface for a recipe titled "Sweet and Sour Pork". At the top, the status bar shows the time as 11:29, signal strength, LTE, 4G, and a 42% battery level. The app header is blue with a close button (X), a camera icon, a share icon, and a checkmark icon. Below the header, the meal name "Sweet and Sour Pork" is displayed. The main content area is titled "Ingredients" and shows a serving size of "4 servings". A summary table lists the following nutritional values: Total Carbs 28.2 grams, Protein 24.4 grams, Fiber 20 grams, Fat 10.9 grams, Net Carbs 8.2 grams, and Calories 265 kcal. Below the summary, a list of ingredients is provided, each with its quantity and net carb count, and an information icon (i) to the right. The ingredients are: Pork, fresh, loin, tenderloin, separ... (16 oz, 0g of net carbs); peppers, red bell, fresh (1/2 medium (approx 2-3/4" long, 2-1/2 dia.), 2.3g of net carbs); peppers, green, fresh (1/2 medium (approx 2-3/4" long, 2-1/2" dia), 1.7g of net carbs); onion, red, fresh (1/2 small onion, 2g of net carbs); spring onion, scallion, green onion... (2 medium (4-1/8" long), 1.4g of net carbs); bok choy (pak-choi) cabbage, fresh (1 cup, shredded, 0.83g of net carbs); rice vinegar (4 tbsp, 4g of net carbs); Ketchup, homemade (KetoDiet app) (4 tbsp, 3.4g of net carbs); Sukrin Fiber Syrup Gold (4 tbsp, 4g of net carbs); tagatose, natural sweetener (3 tbsp, 11.1g of net carbs); coconut aminos (substitute to so... (1 tbsp, 1g of net carbs); garlic powder, spices (1/2 tsp, 0.99g of net carbs); and Oil, coconut (2 tbsp, 0g of net carbs). A blue circular button with a white plus sign is located at the bottom right of the ingredients list.

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Meal Name
Sweet and Sour Pork

Ingredients

Serving Size 4 servings

Total Car...	28.2 grams	Protein	24.4 grams
Fiber	20 grams	Fat	10.9 grams
Net Carbs	8.2 grams	Calories	265 kcal

- Pork, fresh, loin, tenderloin, separ...
16 oz, 0g of net carbs
- peppers, red bell, fresh
1/2 medium (approx 2-3/4" long, 2-1/2 dia.), 2.3g of net carbs
- peppers, green, fresh
1/2 medium (approx 2-3/4" long, 2-1/2" dia), 1.7g of net carbs
- onion, red, fresh
1/2 small onion, 2g of net carbs
- spring onion, scallion, green onion...
2 medium (4-1/8" long), 1.4g of net carbs
- bok choy (pak-choi) cabbage, fresh
1 cup, shredded, 0.83g of net carbs
- rice vinegar
4 tbsp, 4g of net carbs
- Ketchup, homemade (KetoDiet app)
4 tbsp, 3.4g of net carbs
- Sukrin Fiber Syrup Gold
4 tbsp, 4g of net carbs
- tagatose, natural sweetener
3 tbsp, 11.1g of net carbs
- coconut aminos (substitute to so...
1 tbsp, 1g of net carbs
- garlic powder, spices
1/2 tsp, 0.99g of net carbs
- Oil, coconut
2 tbsp, 0g of net carbs